



Fresh Start to Freedom

Getting Your Whole Heart Back

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3571 W. Machen Drive Wasilla, AK 99654 907-373-7910
P.O.Box 874693 Wasilla, AK 99687 www.churchak.org

FREE FROM THE ARROW OF SHAME

“But if we confess our sins, he will forgive our sins, because we can trust God to do what is right. He will cleanse us from all the wrongs we have done.”

I John 1:9 (NCV)

I. FREE FROM THE ARROW OF SHAME

A. SHAME - *AN ISSUE OF IDENTITY*

1. Proverbs 18:3b
2. Luke 15:18-31
3. Galatians 4:4-7
4. Zephaniah 3:17

B. SHAME BECAUSE OF REAL GUILT

1. **Real Guilt** because of **real sin**
 - a. Genesis 3:6-13 (contrast with Genesis 2:25)
 - b. Psalm 32:1-5
 - c. II Samuel 12:13
 - d. Psalm 51:1-4
 - e. Luke 22:31-34; 54-62
 - f. Acts 9:1-6; 26:9-18
2. **Real Forgiveness** through Jesus Christ (repent, believe, receive)
 - a. Luke 13:3
 - b. Acts 16:31
 - c. Colossians 1:19-22
 - d. I John 1:7-9
 - e. James 5:16
 - f. Revelation 3:19-20
 - g. John 21:15-19
 - h. Acts 9:5-20

C. SHAME BECAUSE OF FALSE GUILT

1. Feeling guilty, though where sin was involved, you are **in fact** forgiven.
2. Feeling guilty due to experiencing rejection from “significant others.”
3. Feeling a heaviness of soul and a “generalized guilt” for something you have done wrong (you don’t know what you have done wrong, however).
4. Experiencing thoughts and feelings that, “There is something wrong with me.”
5. Feeling “stained” by the overt sins of others committed against you.

II Samuel 13:10-19

D. ISSUES WITH WHICH PEOPLE TEND TO HAVE THE GREATEST DIFFICULTY IN RESOLVING SHAME

1. Being a victim of sexual abuse.
2. Being a victim of emotional, verbal, or spiritual abuse.
3. Being born out of wedlock.
4. Getting pregnant out of wedlock.
5. Having an abortion.
6. Having pre-marital sex, even without resulting in pregnancy (it’s often a factor even if you eventually marry that person).
7. Committing adultery.
8. Getting a divorce.
9. Struggling with how God made you – some “unacceptable” physical feature (especially a factor when others have ridiculed you).
10. Failing to meet the “standards” of your parents, or feeling that you have failed as a parent.
11. Other (i.e., drug or alcohol abuse, financial loss, lust, pornography, homosexuality, abusing someone else, etc.).

E. HOW TO RESOLVE SHAME

1. Seek out a safe and accepting person and environment where you feel you can be honest with yourself and with God.
 - a. If you are experiencing shame due to something that has been done to you (i.e., abuse), express your heart (audibly) to Jesus (i.e., “tell Jesus all about it”).
 - b. This could involve telling Jesus what happened to you and expressing your feelings, thoughts, and unmet desires to Him.
 - 1) Psalm 142:1-2
 - 2) Psalm 62:5-8
 - 3) Psalm 55:22
 - 4) I Peter 5:7
 - c. Journaling (writing down your thoughts, feelings, and unmet desires) can be very helpful and may be necessary if you have “repressed” your feelings over a long period of time.
2. “Give the guilt or shame to the offender” (when someone else is the “offender” or guilty one).
3. Agree with God as to who the guilty one really is.
4. Take responsibility for your response(s).

Psalm 139:23-24

- a. Confess and repent of sin.
 - 1) I John 1:9
 - 2) James 5:16
- b. Forgive others.
 - 1) Ephesians 4:32
 - 2) Colossians 3:13

c. Resist the Devil.

James 4:7

d. Affirm your New Identity In Christ.

See: **What Is Your New Identity?**

5. Agree with God about what is True about you!

II. APPLICATION

A. Referring to Part “C” of this session (Shame Because Of False Guilt) and Part “D” (Issues With Which People Tend To Have The Greatest Difficulty In Resolving Shame), which ones can you identify with? (Please circle)

B. For each example or issue of shame you have circled, please answer the following:

1. How have **you** been affected?

2. How has your relationship with **others** been affected?

3. How has your relationship with **the Lord** been affected?

Please be thorough in answering these questions and use additional paper if necessary.

GOD’S ANTIDOTE FOR THE ARROW OF SHAME:

**RECEIVE YOUR “SONSHIP” – YOU ARE A FAVORED
SON/DAUGHTER!**

**REMEMBER: YOU ARE NOT THE SUM TOTAL OF YOUR LIFE’S
EXPERIENCES OR SOME DEFINING PART THEREOF; YOU ARE
WHO GOD SAYS YOU ARE!**

What Is Your New Identity?

Do You Know Who You Are As A Follower of Christ?

Do you believe you are the sum total of your life's experiences, or any part of your life's experiences?

- What have you done?
- What haven't you done?
- What has been done to you?
- What others have said to you or about you?
- How your parents treated you?
- How your parents treated each other
- What your spouse thinks of you?
- What has happened in the lives of those around you?
- What you think about yourself?
- How you feel?

If so, you are really believing a lie and in yourself (i.e., putting confidence in yourself, making yourself "lord", living outside of the truth of Jesus)

You have believed the lie:

Your Life's Experiences = You

- Colossians 3:2
- Philippians 3:3
- Ephesians 4:14-24

Natural Minded

OR



Do you believe who God says you are in Christ Jesus?

- When He died, you (the flesh) died.
- When He was buried, you were buried.
- When He was resurrected, you were resurrected.
- When He ascended, you ascended.
- Where He is seated, you are seated.
- The authority He has, you have!
- His Wisdom is your wisdom.
- His righteousness is your righteousness.
- His holiness is your holiness.
- His acceptance with the Father is your acceptance with the Father.

If so, you are choosing to believe in what God says, regardless of how you may feel or what you may think at times (He is the Lord of your life).

You have believed the truth:

His Life Is Your Life!

- Romans 6
- Ephesians 2:5-6
- I Corinthians 1:30
- Ephesians 1:6
- Colossians 3:1-4

Spiritual Minded

